

Group 196

Posted by the.guard - 09 Dec 2016 12:50

Hi Guys! Welcome to group 196. The members of this group are:

- quiet
- Mober
- hopeful
- shua73
- Happydays
- will Succeed Beh
- Jacobinthewomb
- LifneiHashem
- Baruch_Hashem
- vmoshe
- failedregent
- Shzal
- Hbowman
- AllForHashem
- new leaf See [this page](#) for more details on the goals of these groups.

For best chances of success, everyone needs to try and fulfill certain conditions. [See the conditions here](#).

So who will be the first to volunteer to lead this group? Post below and let's get the party rolling!

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Hatzlacha!

P.S. We are looking forward to hearing feedback from y'all about ways to make the group idea even better. Write to us please at: eyes.guard@gmail.com.

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Re: Group 196

Posted by shua73 - 10 Jan 2017 20:06

MMMy post for today is that I fell starting about an hour and half ago till about ten minutes ago. I just basically said I'm not interested and just fell. For the future although I'm stopping again for now, I need to think about something effective to take its place and about what my shvua will be. Otherwise it's too much to write right now (obviously I don't have time now that I wasted it falling).

Well, I need to plan for the future.i didn't even fight the urge that hard before I gave in. I think that it's a more general problem that I have that I am impulsive and don't generally not do things that I want to do right away. This is with many things and I am going to try Yosef's advice to me which was (slightly modified) try to do ten times a day not doing something that you want to impulsively do. Examples for me are use a siddur by davening. Go to shul for maariv and a zillion other things. I'm going to learn better self control for the next two weeks till I start struggling again.

The fact that I only struggle now after two weeks is largely attributable to our group among other things. But for now it's not like I even feel like falling again. I failed my test and got my drug and now I need to be more prepared when the next test comes along.

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Re: Group 196

Posted by LifneiHashem - 11 Jan 2017 02:49

Group196 is going through a tough time. Very depressing

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Re: Group 196

Posted by shua73 - 11 Jan 2017 03:12

[LifneiHashem wrote on 11 Jan 2017 02:49:](#)

Group196 is going through a tough time. Very depressing

AAgreed, a shout out to everyone in the group, does anyone have any ideas of ways or things that we can implement as a group that will help us all? I'm not trying to push anything and I won't be insulted if you tell me to go jump in a lake. I just fell basically for the simple reason that I just wasn't interested in exercising self control at that time and I haven't worked on true self control in years to be honest. Also don't have any Seder for learning. But just got chavrusa with another gye guy starting tomorrow. I'm also not watching any movies unless with my wife for the next week and will repost then when I have to renew it. If I hesitate please remind me. I really want this I just get lazy and run out of steam and pop there goes impulsivity

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Re: Group 196

Posted by shua73 - 11 Jan 2017 03:24

MMarkz, any ideas as an outsider of a group something or other?

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Re: Group 196

Posted by Markz - 11 Jan 2017 03:26

[shua73 wrote:](#)

MMarkz, any ideas as an outsider of a group something or other?

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I read your previous post and was planning to join you in the lake

Re: Group 196

Posted by shua73 - 11 Jan 2017 03:47

[Markz wrote on 11 Jan 2017 03:26:](#)

[shua73 wrote:](#)

MMarkz, any ideas as an outsider of a group something or other?

I read your previous post and was planning to join you in the lake

AAfter fishing around and checkin stuff out, I'm gonna do something similar to your after hours filtered device thing, with time being 11:00 pm but not regarding no filtered device since that's not practical but rather if I use app on filtered device that can be used to view innapropriateness or stream movies (no Google doesn't count) after hours, 5 dollar knas a day even if I don't fall or don't even slip. Next, and if it happens more than twice in the next month, the third time is ten bucks. That's my new personal geder.

I don't want to put down specifics of different apps and stuff like that in order to prevent placing a stumbling block in front of those that aren't technologically savvy and will get ideas of ways around filters and stuff like that.

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Re: Group 196

Posted by shua73 - 11 Jan 2017 03:47

[shua73 wrote on 11 Jan 2017 03:47:](#)

[Markz wrote on 11 Jan 2017 03:26:](#)

[shua73 wrote:](#)

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Re: Group 196
Posted by Trouble - 11 Jan 2017 05:39

[LifneiHashem wrote on 11 Jan 2017 02:49:](#)

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It's actually quite uplifting that they are willing to admit it. Most of the other groups seem to just fade away.

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Re: Group 196
Posted by LifneiHashem - 11 Jan 2017 11:10

[shua73 wrote:](#)

[LifneiHashem wrote:](#)

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won't be insulted if you tell me to go jump in a lake. I just fell basically for the simple reason that I just wasn't interested in exercising self control at that time and I haven't worked on true self control in years to be honest. Also don't have any Seder for learning. But just got chavrusa with another gye guy starting tomorrow. I'm also not watching any movies unless with my wife for the next week and will repost then when I have to renew it. If I hesitate please remind me. I really want this I just get lazy and run out of steam and pop there goes impulsivity

I saw on another thread the idea of designating a few minutes each day to PROACTIVELY work on recovery. Maybe we can all take on something like that, like reading a page from the white book each day or something.

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Re: Group 196

Posted by shua73 - 12 Jan 2017 02:16

BBusy day today and woke up for chavrusa once and gonna hopefully get up for I again. My phone is annoying t keeps freezing so am gonna cut this post short.

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Re: Group 196

Posted by Yosef Tikun HaYesod - 12 Jan 2017 12:58

I hope everyone has a great day today.

Shua and I have gotten up and are continuing strong....

so that is good news.

Getting depressed and giving up and not continuing to fight, is losing

and would be bad news.

Reducing the amount of time I'm on the computer, and what I allow myself to see on the

computer

is VERY difficult, but IF I can tough it out the first month or so, then I think it will probably work.

I have been MUCH stronger in the past. I think I once went 6 months or even almost a year clean.

Guaranteed, I was on the computer MUCH less and didn't even have my own computer!

Something to think about.

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Re: Group 196

Posted by will Succeed Beh - 12 Jan 2017 19:33

Yes here i am.

I fell, 41 clean days.... The truth is im still somewhat Numb/Frozen but i'll give an u/d, (it'l be really painfull when it sets in, and i'll need you Chizuk)

This is how; Yesterday i slipped into movies again, i was tempted getting x rated movies, one of the sites had a genre adult, but i remembered my Shvua and passed that test.... but one of the movies i downloaded had on it a bit of adult content (dunno y - as the full movie was quiet ok...), i didnt close the movie right away, i just blocked the screen and went further, i wasn't sure if it is a fall or not (it wasn't a breach of the Shvua, as i didnt look for it), i felt i passed the test.

But, it just started... the whole afternoon i was dreaming of what i saw, the struggle went wilder and wilder, in the morning it started again, and then i had a brainwave how to breach the filter, i tried it and it worked! i got to places that the filter wouldnt let me, i felt the heat, but i didnt want to pay £500, so i posted that i'm slipping, now it'll cost me £50 this stupid game, but what i did gain is; because of the responses i got, i couldnt just disappear, i had to get myself back and tell every one what's happened....

So at least im back! Starting again, taking Chizuk from the ones that have fallen an picked themselves up!

Will call my Mentor, to start the 12 Steps, and see what we can do about videos/triggers.

Any ideas????????????????????

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Re: Group 196

Posted by shua73 - 13 Jan 2017 01:47

[will Succeed Beh wrote on 12 Jan 2017 19:33:](#)

Will call my Mentor, to start the 12 Steps, and see what we can do about videos/triggers.

Any ideas????????????????????

RRegarding videos, if you check on for example IMDb, they have a parent's guide for most movies. It will tell you every single thing that may be innapropriate and any violence or language. It will also say how many times each specific curse word is used if you really care. It includes also things that last for seconds that you wouldn't notice even if you were looking for it. If you do that, you won't be surprised ever, and just need to control not watching what you know is bad

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Re: Group 196

Posted by Singularity - 13 Jan 2017 10:15

Yes, a good idea to research a movie thoroughly before watching. The standard has REALLY dropped. And it will hit your by surprise.

For me it's not such a surprise. I know every movie has its schmutz. And when I watch, well I

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